

# FAMILY STUDIES AND HUMAN DEVELOPMENT (FSHD)

Department of Family Relations and Applied Nutrition, College of Social and Applied Human Sciences

The Family Studies and Human Development major focuses on the development of individuals and families across the lifespan within the context of relationships, and diverse social and cultural influences. This interdisciplinary program is designed to provide students with an understanding of the influence of psychological, social, biological, and economic factors on individual health, well-being, and relationships across the lifespan. Guaranteed practicum placement(s) enable students to gain knowledge and skills appropriate for work with individuals and groups in a variety of settings, completing up to 336 hours of practical experience. Restricted electives allow students to focus their studies on one or more content areas including:

1. Adult Development and Gerontology,
2. Sexuality and Relationships, and
3. Youth Studies.

Through the effective use of elective courses, the core requirements in the major can be supplemented to create a program of study that will prepare graduates for a variety of careers working with individuals and their families. Graduates pursue careers in a variety of settings including family and community service agencies; government; research institutions; health promotion divisions; support services delivery for individuals and their families; health and social care agencies; employee and family assistance programs; and local social planning councils. Many graduates go on to pursue graduate education in fields such as social work, human sexuality, gerontology, public health, occupational therapy, speech language pathology, recreation therapy, family law and mediation, couple and family therapy, education, social policy, and family relations and human development.

## Program Requirements

All students in the Family Studies and Human Development major must successfully complete a minimum of 20.00 credits including the core of 11.00 required credits and 1.50 restricted electives from the restricted electives content area lists provided. In addition to the core requirements, there are elective courses from various departments across the University that may be taken. Information about suggested electives that relate to particular careers or areas of interest and requirements for admission to various graduate programs, including Faculties of Education, are available from the B.A.Sc. Program Counsellor.

## Minors

Students may take one minor in addition to the Family Studies and Human Development major. See the University of Guelph Calendar, Areas of Study ([calendar.uoguelph.ca/undergraduate-calendar/programs-majors-minors/](https://calendar.uoguelph.ca/undergraduate-calendar/programs-majors-minors/)), for a list of minors. The 60.00% requirement applies to each major and minor.

**Note:** The Family and Child Studies (FCS) minor may not be taken in combination with the BASc Family Studies and Human Development (FSHD) major.

## Double Counting of Courses

A maximum of 50 percent of the courses applied to a minor may be courses taken in fulfillment of the major where required courses are the same.

## Counselling on Minors

The B.A.Sc. program counsellor assists students in the selection of minors, interpreting program and academic regulations. Academic departments offer the minors and assign faculty advisors to assist students with academic planning (e.g., a faculty advisor in the Psychology department handles queries about a minor in Psychology). Students should consult the appropriate faculty advisor, along with the B.A.Sc. Program Counsellor, when declaring a minor or requiring advice on the completion of specialization requirements. The list of faculty advisors is available on the Undergraduate Academic Information Centre website: <https://www.uoguelph.ca/uaic/facultyadvisors/> or contact the B.A.Sc. Program Counsellor for further information.

## Major Requirements (Honours)

**This is a major within the degree:** Bachelor of Applied Science ([calendar.uoguelph.ca/undergraduate-calendar/degree-programs/bachelor-applied-science-basc/](https://calendar.uoguelph.ca/undergraduate-calendar/degree-programs/bachelor-applied-science-basc/)).

A minimum of 20.00 credits is required, including:

Code	Title	Credits
<b>Semester 1</b>		
FRHD*1010	Human Development	0.50
NUTR*1010	Introduction to Nutrition	0.50
PSYC*1000	Introduction to Psychology	0.50
1.00 electives or restricted electives		1.00
<b>Semester 2</b>		
FRHD*1020	Couple and Family Relationships	0.50
MBG*1000	Genetics and Society	0.50
ANTH*1150	Introduction to Anthropology	0.50
or SOC*1100	Sociology	
1.00 electives or restricted electives		1.00
<b>Semester 3</b>		
POLS*2230	Public Policy	0.50
STAT*2080	Introductory Applied Statistics I	0.50
FRHD*2060	Adult Development and Aging	0.50
or FRHD*2280	Adolescent Development	
1.00 electives or restricted electives		1.00
<b>Semester 4</b>		
FRHD*2100	Development of Human Sexuality	0.50
FRHD*2400	Introduction to Human Services	0.50
STAT*2090	Introductory Applied Statistics II	0.50
UNIV*2010	Anti-Discrimination and Anti-Oppression	0.50
0.50 electives or restricted electives		0.50
<b>Semester 5 <sup>1</sup></b>		
FRHD*3070	Research Methods: Family Studies	0.50
FRHD*3090	Poverty and Health	0.50
FRHD*3400	Communication and Counselling Skills	0.50
FRHD*3250	Practicum I: Youth	1.00
or FRHD*3290	Practicum I: Adult	

**Semester 6 <sup>1</sup>**

FRHD*3040	Parenting and Intergenerational Relationships	0.50
2.00 electives or restricted electives		2.00

**Semester 7**

FRHD*4020	Family Theory	0.50
FRHD*4140	Selected Topics in Family Studies and Human Development	0.50
1.50 electives or restricted electives		1.50

**Semester 8**

FRHD*4260	Social Policies	0.50
1.50 electives or restricted electives		1.50

Select 0.50 credits from the following:

FRHD*4200	Issues in Human Sexuality	0.50
FRHD*4250	Aging and Health	0.50
FRHD*4400	Youth, Risk and Resilience	0.50

<sup>1</sup>

**Note:** FRHD\*3250 Practicum I: Youth, FRHD\*3290 Practicum I: Adult may be taken in either Semester 5 or Semester 6

**Restricted Electives**

In addition to the 11.00 required credits, an additional 1.50 restricted electives are required in total from any of the courses listed in the restricted electives content areas (can be from one or more areas).

**Restricted Electives Content Area 1: Adult Development & Gerontology**

Code	Title	Credits
BIOL*1080	Biological Concepts of Health	0.50
BIOM*2000	Concepts in Human Physiology	0.50
FRHD*2060	Adult Development and Aging	0.50
FRHD*3060	Principles of Social Gerontology	0.50
FRHD*3500	Research Internship in Family Relations And Human Development	0.50
FRHD*4190	Assessment in Gerontology	0.50
FRHD*4250	Aging and Health	0.50
FRHD*4290	Practicum II: Adult	1.00
FRHD*4810	Thesis I	0.50
FRHD*4910	Thesis II	1.00
NUTR*3150	Aging and Nutrition	0.50

**Restricted Electives Content Area 2: Sexuality & Relationships**

Code	Title	Credits
ENGL*2190	Queer Literatures and Cultures	0.50
FRHD*3500	Research Internship in Family Relations And Human Development	0.50
FRHD*4200	Issues in Human Sexuality	0.50
FRHD*4290	Practicum II: Adult	1.00
FRHD*4810	Thesis I	0.50
FRHD*4910	Thesis II	1.00
HIST*3020	Sexuality and Gender in History	0.50
SOAN*2400	Introduction to Gender Systems	0.50

**Restricted Electives Content Area 3: Youth Studies**

Code	Title	Credits
FRHD*2280	Adolescent Development	0.50
FRHD*3500	Research Internship in Family Relations And Human Development	0.50
FRHD*4340	Practicum II: Youth	1.00
FRHD*4400	Youth, Risk and Resilience	0.50
FRHD*4810	Thesis I	0.50
FRHD*4910	Thesis II	1.00
HIST*3200	Youth in History	0.50
SOC*3710	Youth Justice	0.50